

School Lunch Menu For: _____


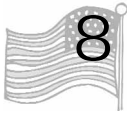



Did you know that your School Lunch Program
is part of American History?

It has nourished kids' minds and bodies for the last 56 years! The National School Lunch Program provides nutritionally balanced lunches to more than 27 million children each school day. Who are your heroes? Chances are they ate school lunch when they were growing up!

Healthy eating will help you perform well in school and give you the energy to play hard! It also helps you remember things - like these facts that you can share with your parents:

- ★ The colors of the American flag stand for Courage, Truth, and Justice.
- ★ In 1983, the world's largest flag was displayed in Washington, D.C. The flag, which measured 411 feet by 210 feet, weighed 7 tons! Each star measured 13 feet across!
- ★ Montana was the 41st state to be admitted into the Union on November 8, 1889.
- ★ Montana has the shortest river in the world! The Guinness Book of World Records recognizes the Roe River in Great Falls as the world's shortest river.







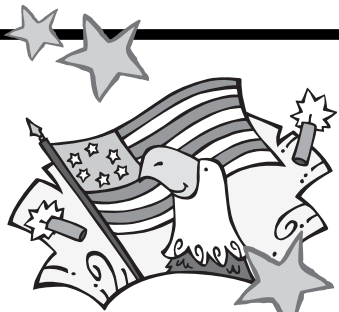
October 2002

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7 	8 	9 	10 	11 

Celebrating National School Lunch Week in October

October 2002

★ Each meal served with 1/2 pint of milk. ★

14 	15 	16 	17 	18 
21	22	23	24	25
28	29	30	31 	

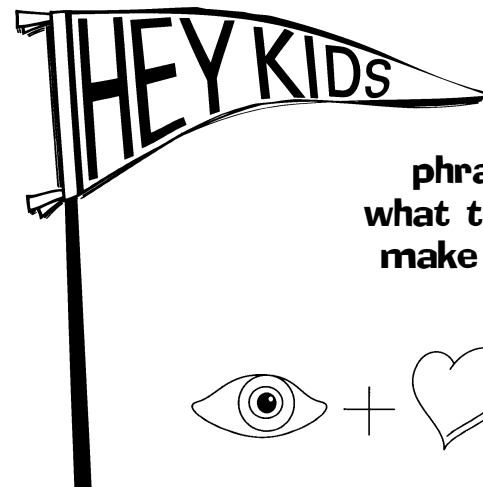
A Red, White and Blue Salute Smoothie

What you need:

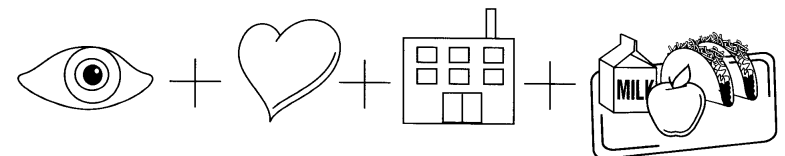
- ★ 2 cups vanilla ice cream or frozen yogurt
- ★ Red and blue berries- blueberries, strawberries, and raspberries
- ★ 4 Tbsp frozen orange juice concentrate
- ★ Whipped cream

What you do:

Blend ingredients together in blender for 30 seconds. Garnish with whipped cream and a sprinkle of fresh berries - Enjoy!



A rebus is a puzzle made up of pictures that represent words or phrases. See if you can guess what the rebus below says. Then make up your own rebus to try on your friends!!



Answer key: I love school lunch.